

# Hay Riverside Run (5k) Results By % WR

Weather: Fine and dry. No wind

Date: 13 November 2021

Total Runners: 23

Pos.	Name	Race No.	Time	Age Cat	Age	M/F	% of Age WR	Club	PB Time	PB?	CR?	Total Runs
1	Menna Angharad		00:25:15	VW 60-64	64	F	77.29		00:00			1
2	Owen Bowers		00:21:16	VM 40-44	43	M	64.73	Brecon Triathlon	21:03			4
3	Paul McDermott		00:24:22	VM 55-59	57	M	63.95	Hay Hotfooters	23:24			18
4	Mark Hird		00:25:26	VM 60-64	62	M	63.89	Hay Hotfooters	24:29			40
5	John Price		00:26:59	VM 60-64	64	M	61.40	Hay Hotfooters	23:24			83
6	Eleanor Griffiths		00:23:26	SW 30-34	32	F	60.24	Hay Hotfooters	21:39			36
7	James Walton		00:23:12	VM 45-49	43	M	59.34		22:06			8
8	Mick Collins		00:26:25	VM 55-59	57	M	58.99	Hay Hotfooters	22:51			39
9	Alan Nicholls		00:30:59	VM 70-74	71	M	58.96	Hay Hotfooters	28:26			43
10	Joshua Evans		00:22:23	SM	33	M	56.22		00:00			1
11	Peter Summers		00:23:24	VM 35-39	36	M	55.27	Hay Hotfooters	21:03			9
12	Cath Kramer		00:32:45	VW 55-59	58	F	54.30		31:04			13
13	Emma Robertson		00:32:59	VW 55-59	58	F	53.92		00:00			1
14	Tom Hird		00:23:30	SM 30-34	31	M	53.55		23:31	Y		2
15	Ruth McDermott		00:33:24	VW 55-59	57	F	52.94	Hay Hotfooters	33:10			15
16	Rory Hird		00:24:01	SM 25-29	27	M	52.39		22:50			2
17	Lucy Andrews Hird		00:27:10	SW 30-34	33	F	51.96		27:30	Y		2
18	Josh Arnett		00:26:49	SM	26	M	46.92		00:00			1
19	Brian Morgan		00:35:30	VM 50-54	53	M	42.49	Hay Hotfooters	21:50			53
20	Julia Mcfarlane		00:35:00	VW 35-39	37	F	42.24		59:00	Y		2
21	MJ Bull		00:32:02	VM 35-39	39	M	40.84		35:12	Y		2

Pos.	Name	Race No.	Time	Age Cat	Age	M/F	% of Age WR	Club	PB Time	PB?	CR?	Total Runs
22	Cassie Burgess-Rose		00:38:00	SW 30-34	34	F	37.15		00:00			1